EXERCISE 7.2 AUTOMATIC THOUGHT RECORD

As soon as you feel your mood worsening, fill in the chart below by asking yourself, "What am I thinking and feeling right now?"

<table>
<thead>
<tr>
<th>Date, Time</th>
<th>Situation</th>
<th>Automatic Thought/s</th>
<th>Feeling/s</th>
<th>Your Response</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• What event led to the distressing feelings?</td>
<td>• Record the thoughts or images that went through your mind • Rate how strong you believed each thought (0-100%) • Which Thinking Styles apply?</td>
<td>• What feelings did you have? • How intense were they? (0-100%)</td>
<td>• Respond to each thought using questions below • Rate how much you believe each response (0-100%)</td>
<td>• Rate intensity of feeling/s • Rate belief in thought/s • Write a more balanced thought. Rate your belief in this thought (0-100%)</td>
</tr>
</tbody>
</table>

Respond to each of your Automatic Thoughts using the following questions. (See Table 7.1 for further explanations)

1. What is the evidence your thought is true? Not true? (Two sides should total 100%)
2. Would others agree that your thought is true?
3. What are some alternative explanations for your thought?
4. What's the worst thing that could possibly happen? The best? Most realistic?
5. If a friend in this situation had this thought, how would you respond?
6. What are benefits of this thought? The costs? (Two sides should total 100%)